

DESERT AIRMAN

Vol. 60, No. 36

Davis-Monthan Air Force Base, Ariz.

Friday, September 8, 2000

Around D-M Mandatory training

Members of the 355th Wing must complete mandatory Law of Armed Conflict training by Sept. 30. LOAC training is available online at www.aetc.af.mil/ja/LOAC/000.htm; it is also linked from the 355th Wing Legal Web page. Call Capt. Alexis Stackhouse at 8-5242 for more information.

CFC breakfast

The Combined Federal Campaign kick off breakfast will be held at the Officers Club Sept. 15, from 7:30 to 9 a.m. This year's speaker will be Guy Atchley, KGUN 9 evening anchor. The breakfast is open to the base; contact Elaine Asaddullah, United Way, by Tuesday to attend the breakfast at 903-9000, extension 255. Tickets are \$7.

Hispanic luncheon

The Hispanic Heritage Luncheon is Sept. 15, from 11 a.m. to 1 p.m. at the Desert Oasis Enlisted Club. The guest speaker is Rosa Julia Nenninger, marketing consultant for Las Cruces marketing. Ticket are \$10 and can be purchased from committee members. **See Page 12 for a list of members and phone numbers.**



57 days remaining



Staff Sgt. Jeremiah Erickson

Lt. Col. (Dr.) Anthony Arnold, 355th Medical Operations Squadron, shoots an x-ray using the Expeditionary Medical Support assemblage's portable x-ray machine.

Medics travel leaner, lighter

By Maj. Clare Thomas
355th Medical Group

The 355th Medical Group hosted a 10-member training team from Air Combat Command to lead an orientation of the Expeditionary Medical Support assemblages Aug. 22 through 24.

EMEDS is a highly mobile state-of-the-art transportable facility that replaced the Air Transportable Hospital previously used by the 355th MDG.

"EMEDS is rapidly deployable world wide, and provides high-quality medical care within a highly constrained lift environment," Col. (Dr.) Thomas Scott, 355th Medical Group commander.

This high-tech \$1.2 million
See Medic Page 3

D-M 50 hosts annual picnic

By Staff Sgt.
J. Elaine Phillinganes
Public affairs

The D-M 50, a group of base supporters and leaders in the local community, are throwing the annual D-M 50 picnic for members of Davis-Monthan AFB Sept. 23 from 1 to 7 p.m. at Bama Park.

Bama Park is located at the corner of Craycroft and Nuggat roads (across the street from the golf course clubhouse).

These local supporters provide entertainment, prizes, food and beverages free of cost to the military members, civilian employees and their families.

Those adults interested in drinking alcohol must be of age and have their identification cards or driver's

license to prove it.

"Volunteers from every squadron have been working diligently to ensure this year's picnic is enjoyable for all," said 2nd Lt. Michael Stefani, D-M 50 picnic project officer.

The picnic will be kicked off by the Eagles vs. Chiefs and commanders vs. first sergeants softball games starting at 10 a.m. at the Mustang 2 Field. Shuttle buses will pick up people at Borman and Smith Elementary schools as well as at the FamCamp office on Phantom Drive from 12:30 to 5:30 p.m.

Parking will be limited near Bama Park. Distinguished visitor parking will be available for 12th Air Force and 355th Wing Top Three members and for colonels and above at the leisure SATO/outdoor recreation office, Building 4430.

Tours of the Aerospace Maintenance and Regeneration Center will also be available every hour on the hour; buses will run from Bama Park.

"An array of children's activities have been planned to keep the little ones happy and entertained," he said.

Children will be entertained by clowns, face painters, jumping castles, slides, a maze, obstacle course, train rides and able to partake in various treats such as cotton candy and ice cream.

"The D-M picnic planning process starts months in advance and requires the cooperation and effort of all areas of the base to make it work and as usual the volunteers are focused on that goal full steam," Stefani said.

Commander's Corner



Col. Bobby Wilkes
355th Wing Commander

Commander's Salute

This week, I salute 355th Wing Safety office, for taking the time Sept. 1 to remind everyone to have a safe Labor Day weekend. Well done!

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at **8-4747**, or you can send an e-mail to us at: 355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact

phone number if you'd like us to provide an answer.

| | |
|---------------------------------|-----------------|
| AAFES Agencies | 748-7887 |
| Accounting and Finance | 8-4964 |
| Chaplain | 8-5411 |
| Civil Engineering | 8-3401 |
| Clinic | 8-2930 |
| Commissary | 8-3116 |
| Family Support | 8-5690 |
| Fitness Center | 8-3714 |
| Housing Office | 8-3687 |
| Inspector General | 8-3559 |
| Legal | 8-6432 |
| Lodging | 8-4845 |
| Military/Civilian | |
| Equal Opportunity Office | 8-5509 |
| Military Personnel | 8-5689 |
| Public Affairs | 8-3204 |
| Security Forces | 8-6178 |
| Services | 8-5596 |
| Transportation | 8-3584 |

Gate closure

Comment: I don't know how long the Wilmot Road Gate is going to be closed, but it sure would be a nice idea to have a temporary sign near Wilmot and Golf Links roads (on the military side) saying the gate is closed until such date. There wouldn't be such a traffic jam (of people who don't read the base paper or get the notice) heading toward the gate. I just seems sensible to let people know with a sign before they travel the mile to the Wilmot Road Gate and have to turn back to go to the Craycroft Road Gate.

Response: Thank you for your call. Placing a sign at the Golf Links and Wilmot roads intersection is a good idea. The civil engineers will work with the City of Tucson to install a sign with gate information and traffic directions.

We closed Wilmot Gate Aug. 14 for approximately 60 days. The Swan Road Gate will be

open Monday through Friday, 5:30 a.m. to 6:30 p.m. (except holidays and wing down days), to help compensate for the Wilmot Road Gate closure.

Bowling

Comment: Aug. 18 I read in the paper cosmic bowling was from 9 to midnight, I asked the bowling center staff if it was still going on. They said it was from 7 to 11 p.m. I asked when it had changed and they said, "a month ago". If it changed a month ago, why is it still in the paper as 9 to midnight? I take my son over there to pay \$7 a piece for two hours. It's not right to have to tell a 16 year old that he can't go bowling when he has it all planned. I would like this to be looked into.

Response: Thank you for your concern about Cosmic Bowling at the bowling center. During the summer months, the center ran Cosmic Bowling on Friday nights from 9 p.m. to midnight.

We also offered Colorama Bowling from 6 to 9 p.m.; however, there was very little participation. The low interest in Colorama Bowling prompted us to add additional hours to Cosmic Bowling. This change took place the week of Aug. 13. The individual who informed you that we changed the times a month ago was incorrect.

We do apologize for not publicizing the change of times in the *Desert Airman*. Individuals can participate in Cosmic Bowling anytime during the hours that the program is offered and do not need to be there for the duration. You could have bowled on the night in question. If you were informed otherwise, please notify Ed Robbins, bowling center manager, at 8-3461.

Once again, we're sorry for any inconvenience you experienced and hope this incident will not deter you from using the services programs offered throughout the base. If you have any further questions or concerns about the bowling center, call Bo Treadway, business operations flight chief, at 8-3847.

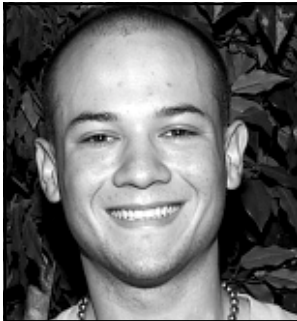
Your Final Answer?

What is your favorite movie of all time and why?



**Technical Sgt.
Al Luna**
355th Operations
Group Weapons

"'Dumb and Dumber' because it is stupid, but funny. I love comedies because I love to laugh ... it relieves stress."



**Airman First Class
Jonathan Alleneui**
355th Communications
Squadron

"'The Nightmare Before Christmas.' It's scary and funny and appeals to all ages. The animation is good and not choppy."



George Corona
Army and Air Force
Exchange Services
Custodian

"I love Westerns. My favorite is the movie 'Shane' with Allen Ladd. That is a classic western for all to enjoy."



Elizabeth Lawton
Wife of Retired Senior
Master Sgt.
George Lawton

"'The Ten Commandments.' If we based our lives on the 10 Commandments, we would be happier and live in a more loving world."



**Senior Master Sgt.
Laurie Buchanan**
355th Equipment
Maintenance Squadron

"'A Star Is Born.' I liked it because Streisand rose to the top above incredible odds."



Michelle Jeffries
Wife of Staff Sgt.
W.T. Jeffries
357th Fighter Squadron

"'Grease.' I have liked this movie ever since I was a kid. I can sing and dance along with it. It's just a fun movie."

Optometry senior NCO wins Air Force-level award

**By Senior Airman
Shanda De Anda**
Public affairs

Both Air Combat Command and the Air Force are recognizing a member of the 355th Aerospace Medicine Squadron for her individual job performance.

Master Sgt. Jody McNabb, 355th AMDS optometry element NCO in charge, represented ACC at the Air Force-level competition for the 1999 Donald D. Dunton SNCO Ophthalmic Technician of the Year award and won.

McNabb is no stranger to being an awards recipient. She has received numerous awards, including the Senior NCO of the quarter award and the Lance P. Sijan Award for both the 355th Medical Group and 7th Medical Group. She has also won NCO of the Year for 7th Medical Group and 7th Bomb Wing.

Among her list of accomplishments, McNabb completed certification as an optometric assistant and her Community College of the Air Force in optometry.

She was on the team for writing the Career Field Training Plan and

Specialty Knowledge Test for optometry. She personally ensured internal and external customer satisfaction as the Optometry customer service representative with her clinic receiving "Best Practices" on the DoD Customer Satisfaction Survey within the Military Health System, and National Civilian Health Organization Benchmarks.

McNabb oversaw an average of 700 spectacle orders per month, ensured 100 percent compliance for Air Force directed contact lens evaluations, and implemented the new Frame of Choice Program, which provides customers with a variety of aesthetic frames to choose from.

Customer oriented, McNabb promoted teamwork between physical exams and optometry to resolve scheduling challenges for Air Force flying candidates who travel long distances to complete Air Force entrance exami-



Airman 1st Class Maryann Walker

Master Sgt. Jody McNabb, 355th Medical Group, discusses tuition assistance with Dr. Ronalyn Akcadogan, base education office.

nations.

"A top professional, who is respected by executive staff, was sought out for her knowledge and expertise to establish emergent and

routine criteria for hiring optometrists during the absence of a military provider," said Maj. (Dr.) Kenneth Edberg, 7th Medical Group, Dyess Air Force Base, Texas.

IMAs share their secret

The Individual Mobilization Augmentee Program has been in existence since 1947, yet it's still a mystery to many Air Force members.

It is one of the Air Force's best kept secrets. This unique program is the most flexible Reserve program offered today.

IMA program requirements are normally less than annual requirements for the traditional unit reservist. Most IMAs perform 12 active-duty days and 12 inactive-duty days per fiscal year. Duty is usually performed during the duty week, opposed to the weekends worked by unit reservists.

There are exceptions to this rule, such as security forces, fire department, etc., who work a seven-day duty week. IMAs schedule their required duty days with their active duty supervisor before the beginning of each fiscal year.

IMAs perform less time on duty and have more flexibility than other reservists, however, they have the same benefits, including use of the commissary, base exchange, ser-

vices' facilities, some legal services, and Servicemen's Group Life Insurance.

Visit the Web site at <http://www.arpc.org>, and click on "assignments" to view vacancies in the IMA program on-line. Call Senior Master Sgt. Terri Gervais at 8-5367 or commercial 8-5367 for more information or to apply for a position. (Courtesy military personnel flight)

Medics

Continued from Page 1

EMEDS-basic package is able to accomplish these feats because it requires less people, pallets and planes to transport and set it up.

"It delivers primary medical care with a focus on prevention, and trauma/critical care capability and possesses significant communication and computer enhancements vs. its predecessor," said Scott.

Only 25 people are required to fill the multifunctional EMEDS-basic team requirement. This package requires only three pallets and one C-130 to transport it anywhere in support of the Aerospace Expedition-

ary Force. Its predecessor required 55 pallets and three C-17s, thus EMEDS saves the Air Force \$1.8 million during its deployment.

During the initial orientation, members assigned to the EMEDS-basic team, learned how to assemble the new Alaska-tents and train on the latest medical equipment and supplies. The tent design is based on the tents used during the Alaskan pipeline construction project.

"The future of expeditionary medical support is here ... today," said Thomas, with the arrival of this new equipment.

According to Thomas an X-ray can be taken at the deployed site and e-mailed to a specialist anywhere in the world. This new deployment

system will not only change the equipment medics deploy with, but how they deploy.

According to Scott one of the advantages of the EMEDS, is that medics from different bases will deploy as an integrated team. This will allow other Air Force medical groups to join up with 355th MDG to provide medical support necessary to meet contingencies worldwide.

In conjunction with the orientation, the 355th MDG held an open house for base officials, sister services and off-base organizations to introduce the new deployment capability and demonstrate the latest in medical care. Davis-Monthan AFB was the ninth recipient of 28 EMEDS packages distributed Air-

Force wide.

"The orientation was only the beginning; in the near future, all EMEDS-basic team members will attend a formal in-residence training at Brooks AFB, Texas," Scott said.

“

The future of expeditionary medical support is here ... today

Col. (Dr.) Thomas Scott
355th Medical Group
commander

”

Professional Military Education

Senior NCOs graduate from academy

The following individuals from Davis-Monthan AFB graduated from the Senior NCO Academy:

Senior Master Sgt. Kenneth Armstrong, 355th Component Repair Squadron; Master Sgt. John Boldi, 355th Equipment

Maintenance Squadron; Master Sgt. Paul Karnatz, 354th Fighter Squadron; Master Sgt. Marks Lewis, 612th Air Intelligence Squadron; Senior Master Sgt. Mark VanHuss, 355th Mission Support Squadron.

NCOs graduate from academy

The following technical sergeants graduated from the NCO academy:

Andres Maldonado, 355th Operations Support Squadron; Mark McKee, 612th Air Support Squadron; Rosendo Velazquez, 355th Services Squadron; Christopher Miller, 354th Fighter Squadron; David Heuvelhorst, 41st Electronic Combat Squadron; Mark Podojil, 355th Training Squadron; Vanessa Dimazana, 355th Medical Group; Jerome Berner, 355th TRS; George Ueland 355th Com-

ponent Repair Squadron; Troy Pasch, 355th Communications Squadron; David Rauer, 355th Equipment Maintenance Squadron; William Jones, 612th Air Communications Squadron; Tom Fawaz, 355th Operation Support Squadron; Charles Montjoy, 355th Equipment Maintenance Squadron; Daniel Cline, 355th Civil Engineer Squadron; Debrah Willis-Phillips, 355th Logistic Support Squadron; Scott Jackson, 357th Fighter Squadron; and Brian Thoreson, 612th Air Intelligence Squadron.

Airmen score high on CDCs

The following airmen scored 90 percent or higher on their career development course examination during August: Airman Aaron Kudamik, 355th Component Repair Squadron; Staff Sgt. Rita Dunar, 355th Comptroller Squadron; Airman 1st Class George Hailey, 355th Equipment Maintenance Squadron; Staff Sgt. Eric Johnson,

355th Operations Support Squadron; Airman 1st Class Jun Kang and Airman Earl Davis, 355th Services Squadron; Airman 1st class Christopher Seeley, 355th Transportation Squadron; and Airman Keith Mahoney, 42nd Airborne Command and Control Squadron. *(Courtesy base education and training office)*



Master Sgt. Daniel Carpenter

New command chief master sergeant

Chief Master Sgt. John Foran, 355th Wing Command Chief Master Sergeant, talked to an NCO seminar Wednesday. Foran assumed the position of command chief master sergeant for the 355th Wing Aug. 31. Foran was previously assigned to the 357th Fighter Squadron.

Don't forget to register to vote

Air Force officials want to remind Air Force members that Armed Forces Voters Week ends Saturday and emphasize the importance of registering and requesting absentee ballots.

"The 2000 general election date is closing in, so voters need to remember to register and request absentee ballots," said Tech. Sgt. Sophia Barnard, Air Force voting program project officer.

"Voters can register and request absentee ballots by filling out a Standard Form 76, Federal Post Card Application.

There are now 42 states that accept the on-line version of the FPCA, so check out the Federal Voting Assistance Program Web site to see if your state is one of them."

Deadlines and other state specific rules on voter registration are published in the Federal Voting Assistance Guide which is available from

installation voting officers or on the FVAP Web site.

"Every installation has an installation voting officer who can assist airmen and their family members," Barnard said.

"Base telephone operators can refer members to their installation voting officer, who will have a supply of Federal Post Card Registration and Absentee Ballot Request cards as well as the voting guides to assist in filling out and mailing them.

If members don't receive their ballots 30-45 days before the election, they can contact their local election officials or installation voting officers for assistance."

For more information, Air Force members may contact Maj. Bob Singleton, the 355th Wing voting officer at 8-5554 or contact the USAF voting action office at DSN 665-2563 or 1-800-558-1404. *(Courtesy of AFPC News Service)*

Advertising

Final answer from base school——

What did you do over your summer vacation?

"I went to Iowa to visit my cousins and then to Keystone Colorado. I took a ride on the ski lift, but there wasn't any snow, only patches. But I did have to wear a sweatshirt."



Tommy Wingert, 10 years-old
Fifth Grade

Back to school

What advice do you have for the parents in the upcoming school year?

"Ask your child what they are doing in school and show an interest in their education. Also get involved in their education. I want parents to know that they are welcome here, and this is their second home."



Ruth Ottley
Lowell Smith Elementary School Principal



"I went to my Aunt Diana's house in San Antonio and went to the Splashdown and the zoo. I went on a really high and cool waterslide."

Jaime Bolin, 8 years-old
Third Grade



"I went to Disney World and saw Mickey Mouse and all of the Disney characters. I went on the Dumbo Ride. That was my favorite thing to do there."

Natasha Ortiz, 6 years-old
First Grade



"It's not the quantity time that you spend with your child that matters as much as the quality time that you find."

Stileda Rose
School Guidance Counselor

"I helped my mommy babysit and I went to the BX and got a cool box to put my crayons in. My sister's box was blue and mine was white."



Mia Carlson, 6 years-old
Second Grade

"I swam in Las Vegas. We just moved here, my dad was stationed in Las Vegas."



Carlos Rodriguez, 9 years-old
Fourth Grade

"Parents should take care of the child's immunization records for the new school year. And ensure that their children have a healthy environment because when they are good health, they learn better."



Beth Larson
School Nurse

Advertising

Automated system enhances survival of A-10 pilots

By Master Sgt. Jessica D'Aurizio
917th Wing Public Affairs

As the A-10 Thunderbolt II speeds high above the clouds, a ground radar unit on a surface-to-air missile battery locks on to the aircraft and begins tracking its path.

Sensing the imminent danger, the aircraft's onboard chaff system sprays a cloud of aluminum, fiberglass strips to confuse the radar. This automated system is expected to be a key defensive weapon in a sophisticated game of hide and seek with the enemy.

Air Force Reserve Command is playing a key role in the system's development. In mid-July approximately 25 people and two aircraft from the 47th Fighter Squadron at Barkdales AFB, La. deployed to Europe to take part in a month-long test. The aircraft flew 28 missions on test ranges in Germany and France to gather valuable data on the automated chaff and flare system.

The 47th FS was selected to participate in the test because the unit has permanently loaned an A-10 to the Air National Guard/Air Force Reserve Test Center in Tucson, Ariz., to test all of the new modifications.

"This data will assist computer programmers in developing software that is designed to prolong the life expectancy of the pilot during wartime," said Col. Gerald Werth, 917th Operations Group commander.

The A-10's current chaff and flare system works manually. Flares act as decoys for heat-seeking missiles, while chaff is used to confuse enemy radar.

"This is the latest and greatest for the A-10," said Lt. Col. Herman Brunke, A-10 test manager in Tucson. "It takes a lot of the guess work out of



Courtesy Photo

the pilot's hands and gives him a huge increase in confidence."

The missions in July were the final phase of a three-part testing program designed to acquire the necessary data to write the software programs for the new system.

"The first phase of tests took place at Patuxent River Naval Air Station in Maryland," Brunke said. "We used a calibrated radar to take cross-section measurements of the aircraft."

He explained that a cross-section measurement shows the exact size and shape that an A-10 displays on radar.

Phase two included testing a new flare system that is invisible to the eye.

According to Werth, the A-10 displays a larger signature on a radar screen than other jets. The only way to program the new software correctly was to gather data on how much chaff is required, and at what interval it has to be released, to successfully hide an A-10.

"There were instances in Bosnia and Kosovo where A-10s were shot at with infrared missiles and hit," Brunke said. "This is bad, and we don't want it to happen again."

Brunke said the new system will allow pilots to preprogram their defenses.

"If a particular threat is identified on the ground, the system allows you to program specifically for that threat," said Capt. James Travis, 47th FS instructor pilot. "It is a more automated way of dispensing self-protection."

Another advantage of the automated system will be that it will identify with an error code each chaff dispenser that does not fire properly. This will save time on maintenance of the canisters because maintainers won't have to test each electrical contact for malfunctions.

All active-duty, Guard and Reserve A-10s are expected to be equipped with the automated chaff and flare system by 2005. (Courtesy of AFRC News Service)

Advertising

Air Force ‘brat’ shares helpful hints

By **Linda Kozaryn**
American Forces Press Service

A self-proclaimed Air Force “brat” shared stories about her mom and dad with military families in Pheonix, Ariz. recently, and offered a few helpful hints.

Syndicated columnist Heloise, dubbed the “high priestess of household hints” by the “New York Daily News,” addressed about 800 military family support specialists at the Department of Defense Family Readiness Conference. Her “Hints by Heloise” appears in 500 newspapers throughout the United States.

She’s also the daughter of retired Air Force Lt. Col. Mike Cruse. Her late mother, the original Heloise, started the renowned column while the family was stationed in Hawaii.

“In some ways, ‘Hints from Heloise’ is the ultimate ‘good news story’ for spouse employment, relocation, personal financial management and transition,” said Rebecca Posante in introducing the columnist. Posante, a family policy specialist in DOD’s Office of Family Policy, had invited Heloise after reading a column Heloise had written about a visit to Randolph AFB, Texas.

“To my great surprise, Heloise said she would be greatly honored,” Posante recalled. With a round of welcoming applause, the military audience at the DOD conference warmly embraced one of their own.

“Yesterday, I was speaking to my attorney in

New York,” Heloise told the group. “He asked, ‘Where are you and what are you doing? I said I was in Phoenix and that I was doing a speech for the DOD.

“He said, ‘Hmmm. Let me see, Heloise — Department of Defense. Heloise — Department of Defense. I don’t get it.”

“I said, ‘Why? I’m going to help them. Did you know that you can use vinegar to keep those missiles really clean?’”

Actually, Heloise knows all about the military. She knows what it’s like to move every few years. She knows what it’s like when dad’s gone TDY, and little girls aren’t supposed to cry.

Opening her talk, Heloise showed a photo of her dad in uniform and said he is now 80. “I’m a military brat and proud of it. My father was in the Air Force, so my mother was in the Air Force, our family was in the Air Force,” she said.

She recalled that when the family was stationed in Hawaii from 1958 to 1962, people didn’t get to call home. Instead, once or twice a year, they’d go to the base radio shack and ham radio operators back home would link up relatives there.

“We actually wrote letters and waited for an answer back,” Heloise said. “What a concept!” She lauded today’s Internet connections, e-mail, video teleconferencing and other technology that allow real-time communication between families and deployed loved ones.

Heloise said that during coffee klatches with

her neighbors, her legendary mother started a support system for military wives. Nurse, mother, friend, counselor — the creative, aggressive Air Force wife with a colorful and dramatic flare greeted tired families arriving from the continental United States. After the death of her first husband, also a military man, she helped grieving servicemembers’ widows.

In the same vein, the late Heloise began writing the helpful hints column that still continues 40 years later.

Heloise credits her military upbringing with giving her the confidence to go anywhere in the world. “Being military, you learned to take care of yourself, but when there was a time you needed something,” she said, “you knew the support services were out there.”

The columnist offered her support to military families. “If you ever tell me I can help get the word out to our military people, I will do it. I will do everything I can to help you facilitate what you need to get done.”

“
Being military, you learned
to take care of yourself, but
... you knew the support
services were there.

Heloise
Syndicated columnist

”

Advertising

Followership

Are you watching your boss' 'Six'?

By Maj. Andy Coggins
355th Comptroller Squadron commander

Day in and day out, we expect leadership from our Air Force members — and they deliver it! We teach our new airmen and officers to take charge, and encourage them to hone their leadership skills. However, in our zeal to develop great leaders, we often overlook the importance of developing good followers.

We are all followers in one way or another — an airman follows his section chief, a squadron commander follows his group commander — all the way up our chain of command. Experience is often our only teacher in the art of followership, and that can be a painful process for the boss and follower alike. While it's obvious you must know the technical aspects of your job, there are also numerous unwritten, yet expected, factors required to be a good follower.

A few years ago, I came across a list of questions for evaluating followership performance. I've kept that list handy and still use it as a crosscheck. Here are some questions to ask yourself when evaluating your followership performance.

Do I put myself in my boss' position? Understand what your boss' boss expects of him or her. Look at the pressures and constraints he's under. What questions is he likely to ask? What information does he need to make an



Airman 1st Class Maryann Walker
(Left to right) Master Sgt. Steven Winders, Maj. Andy Coggins, Donna Thomas, and Betty Handy discuss financial matters as the end-of-fiscal-year approaches.

educated decision?

Do I keep my boss informed? There are several parts to this one. First, don't let him get blindsided — bosses hate surprises. Make sure he knows everything affecting his opera-

tion before someone above him or outside the organization asks about it. Second, keep him posted on your progress toward completing assigned tasks or other contributions to the

see Six Page 11

Welcome to Davis-Monthan

Brig. Gen. Jack Rives, Air Combat Command
Staff Judge Advocate

Brig. Gen. Gary Speer, Army Deputy Commander in Chief, U.S. Southern Command

355th Wing Flying Goals

| | Hours | | | Sorties | | |
|-------|-------|------|------|---------|-------|-------|
| | 41st | 42nd | 43rd | 354th | 357th | 358th |
| Goal | 250 | 380 | 238 | 395 | 339 | 343 |
| Flown | 41 | 83 | 42 | 88 | 56 | 56 |
| Delta | -2 | 19 | 5 | -1 | 5 | 1 |
| YTD | 117 | 73 | 88 | -1 | 106 | 72 |

Current as of Wednesday

Where are 355th Wing members serving?

This time last year, **110** members of the 355th Wing were deployed.

Nevada -- 184

South America -- 16

Europe -- 9

Florida -- 5

Southwest Asia -- 93

Micronesia -- 1

Total: 308

Other locations -- 0
Current as of Monday

Source:
355th Mission Support Squadron
Personnel Readiness Unit



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| | |
|----------------------------|----------------------------------|
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For advertising information call 294-1200 or stop by Territorial Newspapers, 3280 E. Hemisphere Loop, #174, Tucson, Arizona 85706

355TH WING PUBLIC AFFAIRS

5275 East Granite Street • Davis-Monthan AFB, AZ 85707-3010

(520) 228-3204 Available on line at www.dm.af.mil; click on **Desert Airman**

There was once a time when I, like most people, thought of myself as invincible. There was no need to wear one of those annoying, uncomfortable and restrictive seatbelts. Then the unthinkable happened. You guessed it. I was involved in a motor vehicle accident. I was on my way to work and had just walked out of the house and into my car, when a feeling came over me that this time I needed to wear my seatbelt. Not really thinking why, I buckled up and left for work.

While traveling down the road without a care in the world, (except the annoying, uncomfortable and restrictive seatbelt I was wearing) it happened. As I was entering an intersection, I noticed another vehicle starting to turn into my vehicle. I applied my brakes and the last thought I remember going through my mind was now I'll see if this seatbelt really works.

After the chaos that follows most vehicle accidents, and as I stood watching the ambulance take the other driver away, I couldn't help but wonder why he hadn't worn his seatbelt. Was it because it was annoying,

The choice is yours



Airman 1st Class Maryann Walker

A properly fitted and worn seatbelt can make the difference between life or death in a motor vehicle accident.

uncomfortable or just too restrictive?

That's when I came to realize that those annoying, uncomfortable and restrictive seatbelts aren't so bad. After all, the seatbelt gave me another chance to be around for the

most important thing in my life, my family.

According to national statistics, when passengers wear seatbelts and shoulder harnesses, they can often survive crashes occurring at 60 miles an hour or more. Overall, seatbelt wearers are four times less likely to die in accidents than unsecured travelers are. Yet, millions of Americans refuse to use seatbelts. People say it's too much trouble, others say the devices are too restrictive or even uncomfortable. A few even go to the extreme and disable the automatic belts on their cars.

Some theorize that the reason people don't like to buckle up is that doing so is admission that an accident could occur, and that's not a pleasant thought. However, if people applied that same thinking to other aspects of their lives, they wouldn't buy auto insurance, fire insurance or health insurance.

So the next time you get into your vehicle and you're trying to decide if you should or shouldn't wear your seatbelt, ask yourself this: "If I get into an accident, do I want to increase my odds of surviving the accident and seeing my family again or having my family visiting my grave site?" The choice is yours.

Six

Continued from Page 9

organization. Finally, bad news doesn't get better with time. Delay will only magnify the problem. Besides, he needs time to plan a defense before he tells his boss.

Do I do my job correctly and on time? Thoroughly research your assigned task. Know what could go wrong and have a backup plan. If unforeseen problems will prevent you from meeting a suspense, tell your boss right away; don't wait until the day it's due. Don't ever miss a suspense because you "forgot." Write it down.

Do I look and act professional? Sharp salutes, plenty of "Yes sirs," and neat uniforms send the signal you're striving for excellence. Keeping a sloppy work area, leaning on your boss' desk, failing to stand when a superior addresses you and the like, do not portray a professional image.

Am I loyal to my boss? Most bosses value loyalty more than expertise. Do the right thing for your boss, even if it inconveniences you personally. Support what he supports. Don't criticize

him or sit still for anyone who does. Protect him and he'll protect you.

Do I do quality work and fix obvious errors so my boss doesn't have to? Sloppy or incomplete work is unacceptable. If it's paperwork, fix typos, spelling or format errors, etc., before sending it forward. If you're working on a plane, use your checklist to ensure nothing's missed. A boss has better things to do than correct "errors of laziness."

Am I a minimalist? Show initiative. Do more than the minimum; seek out things that need to be done. Look for ways to improve the operation. Minimalists are fond of saying "That's not my job." You know you're dealing with a minimalist if he answers your question with "I don't know" instead of "I don't know, but let me find out for you."

Do I support my boss' decisions? If you disagree with a decision, many bosses allow you an opportunity to explain why you disagree. After that, the boss accepts the burden of responsibility and expects your support. The decision's made, now it's

your job to implement it.

Do I maintain confidentiality? Recognize when a boss is entrusting you with "close-hold" information, whether official or personal. Also, don't discuss unit problems with outsiders. It's none of their business and it just damages your unit's image.

Have I developed a sense of timing? Know when it's appropriate to approach the boss. What's his mood today? A bad day may cause him to make a poor decision—one that he normally wouldn't make. Is what you want important enough to interrupt what he's doing? Can you really fit your discussion in the time he's got available?

Do I use my boss' time wisely? While the previous item dealt with knowing when to use your boss' time, this one concerns how to use that time once you're in his office. Don't bother him with details of things that have no impact, or that you have the authority to act on. Be organized, concise and prepared to answer questions.

Do I get all the facts? Do I overreact? Know all the facts before selecting a course of

action or charging into your boss' office to tell him about a problem. Most of us ascribe more importance to our issues than they're worth. Don't scream "the sky is falling!" if it's only the ceiling — it wastes energy and gets everyone excited for nothing.

Do I display enthusiasm? Enthusiasm is contagious! Be positive about any task. Every task is an opportunity to prove yourself.

When I mess up, do I make excuses? Accept responsibility and show sincere concern and regret when you do something wrong. It's bad enough to mess up, but to take it lightly or not accept responsibility is a mistake.

In the end, how well you do these things will determine the answers to two questions any boss asks himself when evaluating your performance:

"What has this person done to make my organization better?" and "Has this person made my job easier, or more difficult?"

Of course, doing your everyday job well is still the best thing you can do for your boss — and yourself!

Advertising

By Master Sgt. Rebecca Rogers
355th Logistic Support Squadron

In 1968 the U.S. Congress authorized a national proclamation designating the week including Sept. 15 and 16 as “National Hispanic Heritage Week”.

It was then when the term ‘Hispanic’ was nationally coined to refer to a large populace of Americans who, by ancestry, were from varied countries and ethnicities.

Over the last several hundred years, these ethnic citizens have included people from Mexico, Puerto Rico, Cuba, Central America, South America, Spain and the Caribbean Basin.

While most come from diverse political, economical and social backgrounds, the vast majority is bound by one commonality, the Spanish language.

Twenty years later, on Aug. 17, 1988, Public Law 90-498 was amended and redesignated by President Ronald Reagan as Public Law 100-402.

The original Hispanic Heritage Week was replaced and extended to include a 31-day observance period with activities, programs and ceremonies

Davis-Monthan observes Hispanic Heritage Month with events, activities

honoring Hispanic Heritage Month as witnessed today.

During this month, America celebrates Hispanic cultures, achievements and diverse heritages by focusing on the millions of Hispanic men and women who have become an integral part of this country’s society, economy and military.

Observance of this month honors those accomplishments by present and past day Hispanic contributors.

For example, the 15th and 16th of September are significant historical dates as they commemorate the independence of several Latin American countries to include Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua and Mexico.

This year, Davis-Monthan AFB celebrates the 2000 National Hispanic Heritage Month with the theme “Children: Our Hope for the Future” from Sept.

15 through Oct. 15.

D-M’s Hispanic Heritage Committee announces the following activities planned in honor of Hispanic Heritage Month. Any questions may be directed to 8-2311.

Sept. 15 – Luncheon at the Desert Oasis Enlisted Club, 11 a.m. to 1 p.m.

The ballet folklórico dance group “La Paloma” will perform, featuring Senior Airman Lyvier Rivera, 355th Component Repair Squadron (*see related story on Page 16*).

Rosa Julia Nenninger, marketing consultant for Las Cruces Marketing, is the featured guest speaker.

Sept. 16 – Bilingual Catholic mass at the base chapel, 5 p.m.; social to follow with Mexican pastries and a piñata for the children. There will also be cultural displays at the BX and base library.

Tickets for the luncheon are \$10 per person and can be purchased from the following committee members:

- 355th Logistics Support Squadron** – Master Sgt. Rebecca Rogers, 8-2311
- 355th Component Repair Squadron** – Staff Sgt. Paulita Trezevant, 8-9363
- 355th Supply Squadron** – Tech. Sgt. Yamila Tanner, 8-3690; Fran Torres, 8-3128; Airman 1st Class Luis Lozano-Lebron, 8-5881
- 355th Civil Engineer Squadron** – Senior Airman Israel Lerma, 8-4266
- 355th Security Forces Squadron** – Staff Sgt. Juan Aleman, 8-1685
- 358th Fighter Squadron** – Tech. Sgt. Alejandro Solis, 8-3221
- 355th Medical Group** – Airman 1st Class Carmen Gonzalez, 8-2532
- 362nd Training Detachment, OL-G** – Master Sgt. Mike Wright, 8-6133
- 355th Services Squadron** – Airman 1st Class Laura Hernandez, 8-3230
- 355th Equipment Maintenance Squadron** – Senior Master Sgt. Victor Magnon, 8-3512

Advertising

When calling for an appointment, don't step out of 'line'

An understanding of the TRICARE appointment line process may help you get through faster and be on your way to receiving care with little or no frustration. Here's how the appointment line works in systems managed by TriWest Healthcare Alliance.

When your call comes in, it goes to a holding area called a queue — an electronic waiting line — to wait for the next available appointment specialist. Before TRICARE, the process was essentially the same, but you may have waited 10 to 30 minutes or longer. TriWest's present system keeps you in the queue for only four minutes, 30 seconds. If someone doesn't answer, you'll automatically be transferred to voice mail that is checked frequently. At that point the ball is in TriWest's court. After they get your message, they call you back the same day and book your appointment. TriWest supervisors have set two hours as a goal for returning your call under normal conditions. Regardless, your mes-

sage will be returned the same day.

Please don't leave a message and then call back. This will just force the operators returning the calls to duplicate their efforts and slow down the entire process. If you have an acute problem, the operators will coordinate directly with the clinics to help ensure you'll be seen that day.

The idea is to get to the front of the queue as quickly as possible, and that, admittedly, takes a little patience.

At one military installation in the TRICARE Central Region, an average of 10 to 15 callers each morning — the busiest time to call — are hanging up in 35-45 seconds, literally getting out of the queue before appointment specialists have time to get to them.

Hanging up and then calling back won't get you through any faster.

Every time you call back, you are placed at the end of the queue, actually defeating your own purpose. Someone who starts calling

after you but stays on the line will get in ahead of you. Hang on just a little longer and you will either reach an appointment specialist or have the opportunity to leave a message for a beneficiary service representative.

When you do get through, don't be surprised when the appointment specialist takes the opportunity to update your address and other basic information in the computer database. The reason for this is so important mailings about TRICARE will reach you on time.

Please note that in some instances you may be asked to call the clinic directly. If this occurs, it is because TriWest wants you to be seen and the military treatment facility has directed TriWest to have you contact the clinic.

Here are some additional helpful hints to make the appointment process easier and more efficient:

Make sure you are dialing the correct prefix for your TRICARE service center, since TSC tele-

phones may use different prefixes than other base numbers.

Check with your TSC or military treatment facility regarding the hours to call for appointments. The earliest half-hour or so is often strictly reserved for active-duty servicemembers. Family members and retirees should try to avoid calling at that time. Beneficiaries calling for routine appointments may also find it less frustrating to call in late morning or early afternoon when the volume of calls is lower.

Stay on the line, and if you get the voice mail, leave your full name, your sponsor's Social Security number, and a telephone number where you can be reached.

Like other aspects of TRICARE, the appointment line is still in a state of evolution and refinement. TriWest intends to continue making it easier for you to make use of your health care benefits and to show you how to use the system efficiently.

355th MDG patient advocate keys on quality care

The 355th Medical Group Patient Advocate's role is to provide guidance for all medical group-specific customer relations programs.

Our goal is to provide professional and quality care to all our beneficiaries. The patient advocate's role is to work directly with our internal and external customers to ensure each and every person meets customer satisfaction. If a customer has a concern or is dissatisfied with a service they received, they should take the following steps:

First, ask for the Customer Service Representative within the department and try to handle the issue at this level (they are the technical experts within their section).

If this fails, come visit the patient advocate's office (room 95), across from the medical group commander and she will gladly see what she

can do for you. (Please have dates, times, names, and information regarding the concerns you have).

If you do not have the opportunity to contact the customer service representative or the patient advocate, please ask for and complete a customer response form with your concern (please have dates, times, and names to assist with the inquiry).

If you received outstanding care from an individual or section, you may also use the customer response form to highlight them for their quality service.

It is our privilege and honor to serve you. If you have any questions or need assistance in any manner, please call our customer service manager, Master Sgt. Geneive Eidson, at 8-2919.



Airman 1st Class Latonia Brown

Maj. Karen Kinne (left), 355th Medical Operations Squadron, discusses a patient matter with Master Sgt. Geneive Eidson in Eidson's office at the medical group. Call 8-2919 for more information.

Advertising



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)

When August, Ga., native Michael Carter joined the Air Force more than 20 year ago, he did so with the intention of establishing a career and getting paid, while taking advantage of an opportunity to educate himself.

The married master sergeant, and father of four, currently serves as the superintendent of information management for the 355th Logistics Group, and he said the best thing about his

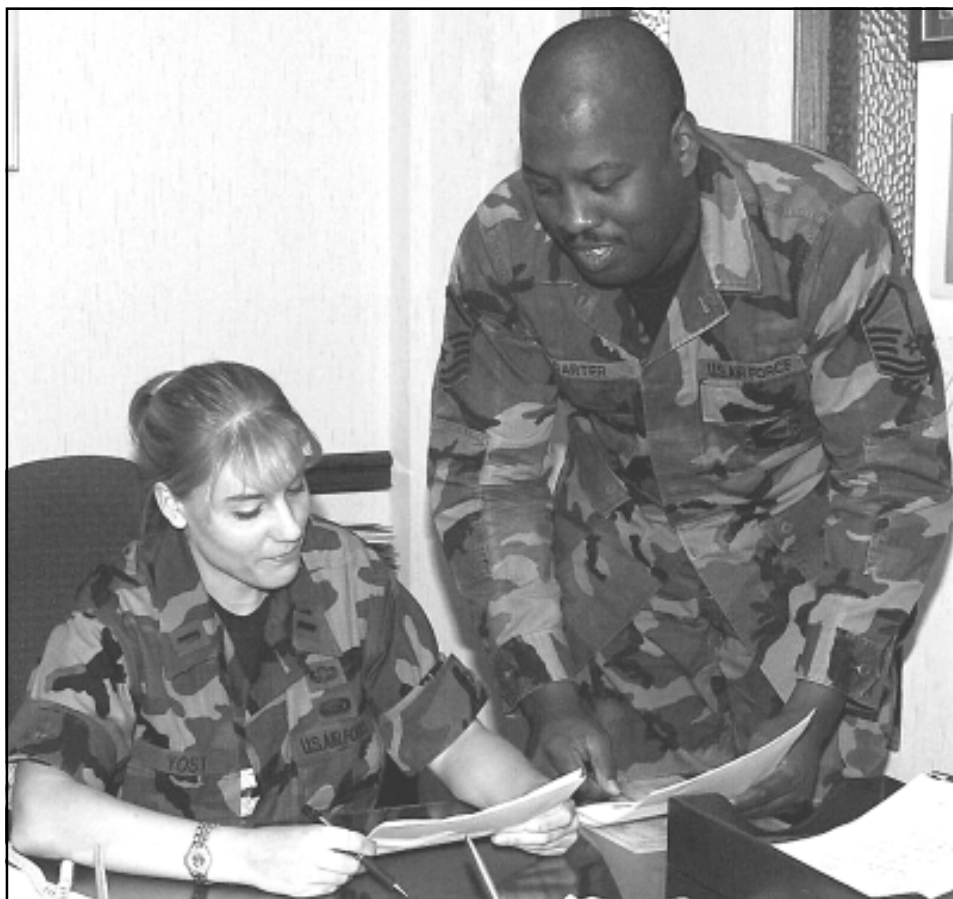
current job is that he gets to influence and mentor the young information managers in the 355th LG.

"Sergeant Carter has an amazing ability to put a smile on your face," said 1st Lt. Stephanie Yost, 355th LG executive officer. "His job is not glamorous, nor does he expect any rewards for what he does. Mike epitomizes service before self; he always gives 100 percent – no matter what."

As for the smile on his – and others – face, Carter said he learned that from his father, who taught his to "stay calm when everyone else around you is frustrated. He also taught me to smile a lot."

While Carter said he likes the beautiful nights and warm weather at D-M, his favorite assignment was at Iraklion, Greece, because "the location on Crete was awesome."

With four children, Carter said he stays plenty busy, but he does find time for basketball and biking, his two favorite hobbies.



Airman 1st Class Maryann Walker

Master Sgt. Michael Carter (right) and 1st Lt. Stephanie Yost review paperwork. Yost is the 355th Logistics Group executive officer.

Advertising

Olympic experience

Dancer heads for Sydney

By Karen Halstead
Public affairs

When Tucsonan Lyvier Rivera joined the Air Force three and a half years ago, she wanted to travel and see the world, but her first assignment was back in Tucson at Davis-Monthan Air Force Base with the 355th Component Repair Squadron. The year 2000 will probably be a year this senior airman won't soon forget.

She not only has a line number for staff sergeant, but also is going to the Olympics; not as a spectator either ... as a performer.

When she's not wearing her military uniform she's wearing another uniform, per se. She dons a dancer's costume and performs with Tucson's La Paloma Dance Company, who have been asked to provide entertainment at the 2000 Olympics in Sydney, Australia.

La Paloma is the only folklorico dance group invited to entertain at the Olympics. A mariachi band from Nogales, Ariz., will also attend the Olympics and provide music for the dance group, according to Rivera.

The price tag for the dance company to perform at the Olympics is about \$40,000. After the city of Tucson donated about half the cost, each dancer must finance about \$2,400 to attend this once-in-a-lifetime opportunity.

The dance company departs Tucson Sept. 20 and is expected to return around the 29th.

Rivera has been dancing since she was 7. "It started with my parents," she said. "I was really shy and my Mom wanted me to be involved in dancing to help me with my shyness."

"I've loved dancing and her extra little push has helped me."

As she grew up and progressed with her dance abilities and skills, she also taught

dance and joined a professional dance company. At the age of 21, she decided she would take a break from the tough regiment of working and dancing, so she could concentrate on raising money to continue her dance career.

"I wanted to work so I could have enough money to attend dance workshops," she said. Instead, "I got caught up with work and forgot about dancing."

"I was a little disappointed that I returned to my hometown," she said of her first Air Force assignment.

But she says she got the itch to dance again and got back into it quickly.

She studied tap, ballet, jazz and flamenco, but now she is dedicated to folklorico dancing, which is a type of Mexican dancing.

She hasn't been on the sidelines lines either; she's been selected to dance by professionals.

"It was an honor to have the professional musicians select me to dance," she said.

Rivera admits after not dancing for five to six years, her biggest concern is that she will continue not to have stage fright in front of such a large audience. "The audiences at the Olympics will be the largest our group has danced for," she said.

From the information Rivera has received about the company's Olympic dancing schedule, she expects to be busy from sun up to sun down.

They will perform three, 45-minute shows, three days, while strolling through the Olympic village, as well as give performances at the Sydney Opera House, Sydney Wonderland and on cruise ships.

"Our dance company is hoping the Olympic experience will provide us with good exposure."

"I'm very excited, yet very nervous," she said of her upcoming Olympic performances.

"I can't believe this is happening. The pressure will really be on. It's unbelievable



Courtesy photo
Senior Airman Lyvier Rivera (third from right), and the other members of the La Paloma Dance Company are shown above in the costumes they perform traditional folklorico dances in.

and I think I'm still in shock. The reality of being there probably won't hit me until I'm there and actually dancing."

The dance company has been having rigorous practice sessions, "We wanted to be as professional as possible and with the exposure, we hope our involvement with the Olympics will open doors for our dance company," she said.

Rivera jogs and uses tae bo to keep herself in shape to dance. "It takes a lot of energy," she said. "It's hard to juggle work and a family life."

"After my teen years, I went professional and it's really work. The older you are you understand the nitty gritty (of the dancing profession)."

"Professionals need to stay focused, disciplined and motivated. If you're not, you won't get through anything."

"That's what's really great about our dance group. We are all equally focused and want the same goal. It's a really great feeling ... we're like a family."

Rivera credits her flight with great support, "They have been so supportive of me and my dance practice schedule," she said. "The flight has been so flexible. They are a great group of people."

"I want to thank my Mom and sister," she said. "They are real confidence builders and see the real me."

"Without them I would have been dormant. They helped me open my eyes and see what I can do."



Courtesy photo

Rivera (center) performs one of many folklorico dances Tucson's La Paloma Dance Company will get to do while they are perform at the Olympics in Sydney.

A and A Days: Cockpit notes

Tim Weber brings his EXTRA 300 and his flying expertise to Aerospace and Arizona Days 2000 Nov. 4 and 5 at Davis-Monthan Air Force Base.

Weber discovered aviation at the age of 13. Having moved to within bicycling distance of Turf Soaring School in Phoenix, it wasn't long before Tim was a regular visitor to the airport. By the time Tim was 14 years old he had gone from being the kid looking through the fence to becoming a line-boy, trading work for flying lessons.

Tim's aptitude for flying was evident early on. Within a short time, he had soloed in several different types of gliders and had begun exploring aerobatics. Since that time, Tim has flown a variety of aircraft including; ultralights; WWII Stearmans; the legendary Pitts Special; and the exotic Russian YAK 55M. Tim's aggressive flying and natural ability have enabled him to become one of the top airshow performers in the United States.

In addition to flying, Tim's passion for music has grown through the years. A self-taught musician, by the age of 17, Tim was playing lead guitar in Phoenix night clubs. Tim has incorporated his

love of music into his airshow routines, by writing and performing original music for his performances. Tim is a popular guest on radio talk shows and is a frequent speaker for groups and school assemblies. He enjoys giving aerobatic rides in both gliders and powered aircraft. As a certified aircraft mechanic with an Airframe and Powerplant rating, Tim is able to maintain his own aircraft to the high level of standards that he feels is necessary for aerobatic flight. In 1996 Tim joined forces with

LifeUSA, a major provider of life insurance and annuity products, and is proud to fly the LifeUSA colors as he performs for airshow audiences nationwide.

Weber's EXTRA 300 is an unlimited-class composite monoplane stressed to handle even the most demanding aerobatic maneuvers. With more than 300 horsepower and a roll rate in excess of 340 degrees per second, this aggressive mid-wing aircraft provides the performance and looks to make it an instant crowd pleaser.

Weber's routine consists of high-energy aerobatics including lomcevaks, tailslides, torque rolls, and other maneuvers uniquely choreographed to music that Tim wrote and recorded especially for his airshow performances. The show typically lasts 12 minutes and generates punishing G forces from 10 G's positive to 6 G's negative. Tim not only flies to his own music, but is able to interact with airshow announcers while flying. Visit Tim's Web site at www.timweber-airshows.com for more information.



Courtesy photo

Korea remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events

related to the Korean War.) This week in 1950, the following significant events occurred:

Sept. 8: The 18th Fighter Bomber Group, which had departed Korea a month earlier,

returned from Japan, settling at Pusan East (Tongnae).

Sept. 9: North Korean forces attacking southeast of Hajang reached a point only eight miles from Taegu, their farthest penetration on the western front. Far East Air Forces Bomber Command began a rail interdiction campaign north of Seoul to slow enemy reinforcements, which might counter the United Nations Inchon landing. In this campaign, the medium bombers combined attacks on marshalling yards with raids to cut rails at multiple points along key routes.

Sept. 10: As a result of the Navy Task Force

77's unexpected withdrawal from close air support of the Eighth Army Sept. 3, Lt. Gen. George Stratemeyer persuaded Army Gen. Douglas MacArthur to direct that all close air support requests must be routed through the 5th Air Force.

If 5th Air Force lacked resources to meet the requests, they were to be forwarded to FEAF headquarters for coordination with the Commander, Naval Forces Far East.

Sept. 13: Typhoon Kezia hit southern Japan, hampering FEAF operations and forcing some aircraft to move temporarily to Pusan and Taegu.



Miguel Mendez, 41st Electronic Combat Squadron, works his deltoids using one of the weight machines at the Haeffner Fitness and Sports Center. The center has several options for lifters desiring to improve their physique, including the machines and free weights.

Airman 1st Class Maryann Walker

Weightlifting

Variety of exercises important to developing group

(Editor's note: This is the fourth in a series of articles on bodybuilding and weight lifting. The series is designed to give the beginning or average weightlifter some insight on training and weight selection to ensure maximum results without over-training. If you are happy with the results you are currently getting from your present routine, please continue training the way you are. The articles are being produced jointly by the 355th Wing Public Affairs Office and Bill Sibole, former Army weightlifter and body builder. The primary reference is "Getting Stronger - Weight Training for Men and Women" by Bill Pearl and Gary Moran.)

I assume since reading these articles your now on your way to massive pectorals!

Keep in mind doing a variety of exercises for one muscle

group will develop the whole muscle for shape and size. In other words, you train that muscle in different angles.

Shoulders

Let's take some time for a difficult area of the body that does not take alot of heavy weight — the shoulders.

You really have to be careful, because if you use a heavy weight, you start heaving the weight with your arms thinking it will work your deltoids more.

The arms take over when using too heavy a weight. It looks impressive, but cuts out the real intention of the exercise.

Start with either about three sets of either standing military press or seated presses. It nice to have back support using the bench made for that exercise. Following this exercise, do

lateral dumbbell raises for the front and outer delts. Then for the rear delts, do bent-over deltoid raises like the standing, but bent over. Do three sets of eight to 10 repetitions for each exercise.

Dumbbell session

Have just a dumbbell session one training day a week. Instead of doing overhead presses or supported seated presses with the bar, do standing dumbbell presses and or seated.

Remember, your triceps come into play when doing dumbbell work and you have to think about the delts doing the work. When your body starts to adjust because the weight is too heavy, it takes away from you working the desired muscle group.

Train smart. Take the time to review what exercise you

can choose from and give them time to work. It's not just being able to press a heavy weight overhead that gives you those cannon-ball delts. It's a variety of exercises for whatever muscle group is your desired goal.

It's easier to have large mass and no shape. But to do it right and look complete and pleasing to the eye, take time to develop completely.

Cable work

Cable work can also do wonders for the delts and some of the machines that isolate those muscles are good.

Experiment with free weights and the combination of various machines.

Keep safety in mind at all times, and be careful not to over-tax the delts.

Good lifting!

Sports Shorts

Womens golf league

The D-M Lady Niners are now playing Wednesday mornings at the Blanchard Course. The group welcomes all adult women players -- military, family members and eligible civilians. Sign up at the course, or call Sue Sweeney at 624-5183 for more information.

Football Frenzy

Football Frenzy starts Monday, at the Desert Oasis Club. Fans are invited to the club every Monday for NFL football, snacks, pizza, wings and beverage specials. Valuable local prizes will be given away every week. Members and their guests can win mini footballs, sports bags and pullovers and a \$150 MasterCard gift card. National prize winners go to the San Francisco-San Diego game, Dec. 3, the Tampa Super Bowl, Jan. 28, and the Honolulu Pro Bowl, Feb. 4. Trips include airfare and hotel accommodations for two, and a rental car. Only club members (either club) are eligible for national prizes. Sponsors are SatoTravel, Miller Brewing Co., American Airlines, Comfort Inn (San Diego), Double Tree Alana Waikiki (Pro Bowl), and Air Force Clubs (no federal endorsement intended). Call the Desert Oasis for further details at 748-8666.

Triathlon

The 8th Annual Sprint Triathlon is Sept. 17. Military and civilian men and women take part in an 800-yard swim, a 12.5-mile bicycle race, and a 3.1-mile run. Singles compete by age, and members of three-person teams participate in one event each. Individuals register for \$35; teams pay \$45. Pick up registration packages at the outdoor recreation center, in Building 4430, or call 8-3736.

Pro shop sale

At the D-M Lanes Pro Shop sale, buyers save 10 percent on all balls, bags and shoes. Sale items are limited to current inventory; no special orders can be accepted at these prices. Shop early for best selection. The sale starts today, and ends Sept. 30. Get more information at 8-3461. The pro shop is open Monday through Saturday.



Courtesy photo

Don't mess with the cops

Maj. Glenn Rattell, 355th Communications Squadron commander, got a little taste of what it's like to have a thrown-down gauntlet crushed last week, as he paid his "penance" on the Craycroft Gate. After issuing a bold softball challenge to all support group squadron commanders, the security forces team, led by Maj. Myron Freeman, 355th SFS commander, defeated Rattell's communicators, 21-9. As part of the bet, Rattell had to serve as a security forces member by waving traffic at the Craycroft Gate. Whether Rattell's challenge still stands is up for conjecture, but according to Col Francis Hendricks, 355th Support Group commander, he enjoyed seeing "that old airman" on the gate after losing his bet.

Smoking policy, leagues

Smoking is not allowed at the D-M Lanes until after 3 p.m., Wednesdays and Saturdays. On all other days, smokers can light up in the lounge, and on lanes 11 through 20 only. Bowlers should sign up now for winter leagues, beginning Tuesday.

Teams meet mornings, afternoons and evenings. Lanes, pro shop and Head Pin Café are open Monday through Saturday. Call 8-3461 for more information.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week.

Monday - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)

Tuesday - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)

Wednesday - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box

(Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)

Thursday - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)

Friday - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)

Saturday - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

Rugby players sought

Players are needed for the upcoming rugby season, which starts in the fall and continues until the spring. Call Jay Gregson, 8-2136; Larry Bates, 8-4874; or Dick Battock, 886-7003, for more information.

Advertising

Scoreboard



Senior Airman Amie Gannon

Softball

Mon/Wed

(as of Wednesday)

| Team | W-L |
|-------------|-----|
| 43 ECS | 3-0 |
| EMS/AMMO | 3-0 |
| TRANS/LSS | 3-1 |
| SUPS | 2-1 |
| MDG | 2-2 |
| 372 TRS | 2-2 |
| 357 FS | 2-2 |
| CRS (B) | 1-1 |
| 12 AF (B) | 1-1 |
| OSS | 1-2 |
| DECA | 1-2 |
| 42 ACCS (B) | 0-4 |
| 41 ECS | 0-3 |
| 354 FS | 0-0 |

Tues/Thur

(as of Wednesday)

In the cup

(Left) Ken Phelps, 25th Operational Weather Squadron, sinks a putt during intramural action at the Blanchard Course. Golfers are wrapping up regular-season play, and a 12-team, post-season tournament begins in a couple of weeks.

Team

W-L

| | |
|-------------|-----|
| SFS | 4-0 |
| 12 AF (A) | 3-0 |
| CES | 1-0 |
| EMS/AGE | 2-1 |
| CRS (A) | 2-1 |
| CS | 2-2 |
| 162 ANG | 2-2 |
| 25 OWS | 1-1 |
| 42 ACCS (A) | 1-1 |
| 355 TRS | 1-2 |
| 358 FS | 1-3 |
| AAFES | 0-3 |
| SVS | 0-3 |
| 41 ECS (B) | 0-1 |

Bowling

Tuesday Doubles

(Final Standings)

| Team | W-L |
|--------|-------|
| Team 6 | 60-28 |
| Team 1 | 53-35 |
| Team 3 | 52-36 |
| Team 7 | 44-44 |
| Team 5 | 36-52 |
| Team 2 | 36-52 |
| Team 4 | 30-58 |
| Team 8 | 29-59 |

Have-A-Ball

Bag & Shoe

(Final Standings)

| Team | W-L |
|---------------|-------|
| Exterminators | 85-67 |
| Stayin' Alive | 81-71 |
| Yeah Right | 80-72 |
| Heart Attacks | 78-50 |

| | |
|-----------------|-------|
| Alley Oops | 75-77 |
| Yustom Snow | 73-79 |
| Lefties | 70-82 |
| The Gutterballs | 66-86 |

Golf

Intramural - Tuesday

(as of Aug. 22)

| Team | W-L |
|----------|-----------|
| EMS | 51.5-20.5 |
| COMM | 50-14 |
| SUPS #2 | 50-22 |
| MDG | 48-32 |
| MSS | 45-27 |
| SVS | 41.5-31.5 |
| 42 ACCS | 40.5-39.5 |
| 12 AF #1 | 40-32 |
| 43 ECS | 39-33 |
| 41 ECS | 37-35 |
| 12 AF #3 | 20-52 |

Intramural - Wednesday

(as of Aug. 23)

| Team | W-L |
|-------------|-----------|
| SUPS #1 | 65-23 |
| 12 AF #2 | 64-24 |
| CRS | 61-27 |
| TRS | 60.5-27.5 |
| CES | 59.5-28.5 |
| Det 2 67 IG | 52.5-35.5 |
| 25 OWS | 42.5-45.5 |
| SFS | 40.5-47.5 |
| OSS | 37-51 |
| CPTS | 30-58 |
| TRANS | 10.5-77.5 |
| 42 ACCS #2 | 7-81 |

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Singles' Bible Study, 7:30 p.m., Building 3220.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1; there will be no Confraternity of Christian Doctrine until September.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west. Visit the base chapel's Web site at www.dm.af.mil/chapel for more information.

Promise Keepers bible study

The weekly Promise Keepers Bible Study will meet every Wednesday at 11:30 a.m. in the conference room of Building 4810. Promise Keepers is a men's group devoted to bible study and the family. Lunch is provided by the chapel. For further information, contact Chaplain (Maj.) Robert Wido at 8-5411.

Habitat for Humanity Day

The base chapel is organizing a Habitat for Humanity day Sept. 16. This will be in conjunction with Habitat's annual fall building drive. Group will meet at the building site, at 2350 N. Balboa, near the intersection of Grant and Oracle, 6:45 a.m., Sept. 16. Bring work gloves, water and lunch; food for the breaks and tools will be provided. Habitat for Humanity has constructed over 280 homes in Tucson, Mexico and Guatemala since starting in 1980. Internationally, they will build their 100,000 home this year., making it the 15th largest homebuilder in the nation. For further information, contact Chaplain (Maj.) Robert Wido at 8-5411.

Mothers of Preschoolers

The first Mothers of Preschoolers meeting of the year is Thursday from 9 a.m. until 11:30 a.m. at the Base Chapel. The theme for the year is "Sail On Through the Seasons of Life." Registration cards for mothers and children are available at the chapel or participants may register at the first meeting. Call 8-5411 for more information.

Chapel Web site

Visit the chapel Web site at for more information, www.dm.af.mil/chapel.

For women only

"Meeting God In Change," a Bible study geared just for women starts Tuesday. Two study sessions will be available. One will run from 9:30 to 11:30 a.m. Child care will be provided. The other will run from 11:30 a.m. to 12:30 p.m. for those who can get away on their lunch break. Both will be held at Chapel 1 every Tuesday.

Call Sonja Snyder at 615-7708 or Chaplain (Maj.) Robert Wido at 8-5411 for more information.



On-base clubs

Officers Club

Today: Commanders Call at 4 p.m. Cook Your Own steak, chicken or burger, 5 to 8 p.m.

Saturday: Prime rib for two, \$19.95.

Sunday: Mini buffet, 10 a.m. to 1 p.m.

Monday: Club and barber shop close at 2 p.m.

Tuesday: Crud playoffs, 6 to 9 p.m.

Wednesday: Two-for-one steak night, 5:30 to 8 p.m. Crud playoffs, 6 to 9 p.m.; spectators welcome.

Thursday: Mongolian BBQ, \$8.95 for adults.

Desert Oasis Enlisted Club

Today: Seafood special, 5 to 8 p.m.

Saturday: Sports bar opens at 5 p.m.

Sunday: Club closed; Cabana open, call 747-3234

Monday: Football Frenzy; free food, prizes and more.

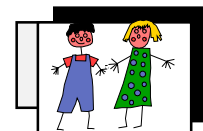
Tuesday: Two-for-one steak night, 4:30 to 8 p.m. Bingo games at 6 p.m.

Wednesday: Dollar-Off Night.

Thursday: Ask about \$1.75 beverage specials.

Crud playoffs

Playoffs in the Air Combat Command Crud Challenge begin Tuesday, at the Officers Club, and continue every Tuesday and Wednesday this month, 6 to 9 p.m. The winner of the local playoffs represents D-M at the ACC finals, at Nellis AFB, Oct. 25 through 27. Male, female or mixed teams must sign up today. Any club member is eligible to compete. D-M top team members get \$100 club credits; ACC's top three teams win air travel vouchers. Crud is sponsored by Allied Domecq Spirits USA, (no federal endorsement intended). Stop by the Officers Club, or call 748-0660.



Youth programs

Today: Hourly child care Tuesdays and Fridays, call CDC, 8-3336.

Saturday: Win a family vacation with Be a Hero.

Monday: Be a Hero Poster Contest opens at youth center. Sign up for Punt, Pass & Kick, call 8-8373.

Tuesday: Youth soccer coach training at youth center, 5:30 p.m.

Wednesday: Youth center Power Hour, 4 to 5 p.m. Primary arts and crafts, 5:30 p.m., youth center.

Basketball forum

Parents of youth league basketball players are invited to an open forum, Thursday, at the youth center, at 6 p.m. Subjects under discussion include fees, awards and the volunteer program for coaches and other youth basketball officials. D-M's youth basketball season begins in January; early registration is in October. For additional details, talk to youth sports director Kathy Sands, at 8-8373.



Community events

Today: Last day to enter Skills Center contests.

Saturday: Outdoor recreation Salt River tubing, call 8-3736.

Monday: Triathlon entries due, call outdoor recreation, 8-3736. Community center youth dance classes, 6 to 8 p.m.

Tuesday: Save 10 percent at D-M Lanes Pro Shop Sale, call 8-3461. Community center kids dance classes, 5:30 to 7:30 p.m.

Wednesday: Shop Nogales Sept. 23, with ITT, call 8-3700.

Thursday: Learn calligraphy at the Skills Center, call 8-4385.

Be a Hero; win a vacation

Eight vacations will go to D-M families in Air Combat Command's Be a Hero promotion.

Vacation package drawings are Fridays, Oct. 20 through Dec. 15 (except Nov. 10). A separate ninth drawing, Dec. 15, is for a \$200 long-distance voucher from AT&T. Just pick up a Be a Hero card at any Services location. Then, when an adult and child take part in a services activity, their card is stamped. Cards with five stamps are eligible for the next drawing. Earn bonus stamps visiting www.servicity.com. (no federal endorsement of sponsors intended). There's no limit on the number of cards your family can complete. Choose from 98 vacation destinations. Three-night packages offer resort accommodations, breakfast, golf, free admissions and discount coupons (packages may vary; transportation excluded). A Be a Hero Poster Contest starts Monday, at the child development and youth centers. Four age-group winners get filled Be a Hero cards, to be entered into a drawing for another family vacation. To learn more, stop by or call any D-M Services location.

Tube the Salt

The final Salt River tubing trip of the year is Saturday. Transportation leaves at 7:30 a.m., returns at 6 p.m., and costs \$12. Tubes are rented at the river, for \$10. A drivers license is required to rent tubes, and is held as deposit. Riders must be at least 8 years old and 4 feet tall. Space is limited. Call 8-3736.

Framing class

Save money and time by learning to frame your own photos, certificates and diplomas. There's a custom framing class, Thursday, at the skills center. Sessions meet, 5 to 6:30 p.m.; cost for the two-part class is \$20. Students will learn how to use molding and mats, how to cut and fit glass and Plexiglass and the basics of frame construction. Those completing the beginning course will have the basic skills needed to create their own custom frames. Another framing class is scheduled Sept. 28 and Oct. 5. Enroll at the skills center, Building 4531, or call 8-4385.

Contest closes today

Today is the last day to enter Artist-Craftsman and Photography Contests. Contests are open to adults and youth. Winning contest entries will be forwarded to the Air Combat Command and U.S. Air Force competition. All entries will be exhibited, Monday to Sept. 15, at the outdoor recreation center, Building 4430, and Sept. 19, at the Officers Club. The club exhibit is noon to 6:30 p.m.; awards will be presented at 4:30 p.m. Contact the Skills Center at 8-4385, or come to Building 4531.



Family support

Today: Mini Job Fair, 8 to 11a.m., community center, Building 4201, Couples Communication workshop, 2 to 4:30 p.m., community center, Building 4201.

Tuesday: Right Start Orientation, 8 a.m. to noon. community center, Building 4201. Time for Tots, 9:30 a.m. to 10:30 a.m., Chapel 1, Baby Basics, noon. to 2 p.m., community center, Building 4201.

Wednesday: Sponsorship class, 9 to 10 a.m., community center, Building 4201.

Thursday: Lieutenants' Financial Briefing, 9 to 11 a.m., family support center, Building 3510.

Trip Planner

Getting ready to move? Traveling by vehicle? The relocation assistance program at the family support center has trip planner software available to help military, DoD civilians, and their families. To find out more or to make an appointment for this service, call the family support center at 8-5690.

Sponsor training

The family support center conducts its next sponsorship class 9 to 10 a.m., Wednesday, in the community center. This mandatory one-hour class for new sponsors covers effective sponsorship and offers useful products and information for sponsors, unit Right Start/INTRO monitors and alternates. This is an excellent training for sponsors to help new members and their families move to base. Reservations are required. Call 8-5690.

Hearts Apart bowling

Is your spouse on temporary duty or remote assignment? Come join the hearts apart group for a day of free bowling and pizza Sept 23 from 1 to 3 p.m. at the bowling center. Call Family Support Center, at 8-5690 for more information.

Volunteer opportunity

The Parent Connection, a resource, education, prevention and support center for parents and other caregivers of children ages 0-5, is looking for volunteers to work, preferably on Fridays from 2:30 to 4:30 p.m. Volunteers would assist with mats and toys from children playgroups. If interested please contact Blanca Bracamonte at 321-1500 or Clayton Moore at 8-6042.

Interviewing workshop

Attend the interviewing workshop on Sept 19 from 8 to 11 a.m. to help prepare for the job interview, at the community center, Building 4201. For more information or reservations, call 8-5690.

Time for Tots

Time for tots is a weekly playgroup open to parents and children ages 4 and younger. The group meets Tuesday mornings from 9:30 to 10:30 a.m. at Chapel 1. Call 8-5690 for more information.

Couples workshop

Learn effective techniques for clear couple communication from 2 to 4:30 p.m., today at the community center, Building 4201. To sign up and receive further information, please contact the family support center at 8-5690.

Volunteers needed

The Boys and Girls Club Holiday Auction, will be held on Nov. 25 at the Westin La Paloma. Volunteers will be needed to do a variety of auction work to help raise money for Tucson's Boys and Girls Clubs. Duties consist of overseeing the silent auction and other varied functions. Two shifts are available from 5 to 8 p.m. and 8 p.m. to midnight. Volunteers receive special T-shirts. For further information or to sign-up for this activity, please contact Sue Brooks at 202-2400 or Clayton Moore, base volunteer coordinator at 8-6042.

Designated drivers needed

Designated Driver's Association of Tucson is looking for volunteers to work at least one day a month from 9 p.m. to 2 a.m. to respond to calls and drive patrons and their vehicles home safely. Free non-alcoholic drinks provided. Call Troy at 591-0327 or Clayton Moore at 8-6042 for more information or to sign-up for this activity.

Mini job fairs

The family support center will be hosting a series of mini job fairs for D-M active-duty, family members, retirees, and DoD civilian workers who are looking for employment in the Greater Tucson Metropolitan Area. These mini job fairs will feature ten different Tucson employers each month and will offer full-time and part-time employment. For those seeking part-time employment, non-standard shifts and juggling child care responsibilities, hours will be available from these employers. The job fairs will be held from 8 to 11 a.m. at the community center, Building 4201. The schedule for the remainder of calendar year 2000 is as follows: today, Oct. 13, Nov. 9, and Dec. 8. Reservations for the job fairs are not required. Workshops are available to help you prepare by building resume and interview skills. Reservations are recommended for these workshops. Call the family support center at 8-5690 for current information about employers who will attend the mini job fairs and to sign up for workshops.

Advertising



Education services

Spouse scholarship

Applications for the Aerospace Education Foundation Spouse Scholarship are now available at the base education office. This program is designed to encourage thirty Air Force spouses worldwide to pursue associate/bachelor undergraduate or graduate/postgraduate degrees. The applicant must be a spouse of Air Force Active Duty, Air National Guard or Air Force Reserves. Spouses who are themselves Air Force members, or in ROTC, are not eligible. Application deadline is Nov. 1. Please stop by the education office, Building 3200, Room 262 and pick up your application.

University of Arizona

Judy Seger will provide academic counseling for students interested in attending the University of Arizona Monday, from 1:30 to 4 p.m., in Building 3200, Room 262. Call her at 626-8201, between 2 and 7 p.m. for an appointment.

University of Phoenix

A University of Phoenix representative will be available to counsel interested students Tuesday, from 1:30 to 4:00 p.m., Building 3200, Room 262. Call Carol Ness, 881-6512, ext. 124 for additional information.

Park University benefits

Tuition assistance, veterans benefits and financial aid are available to assist students with their educational goals. Forms are available in the office. Park University offers degrees in Criminal Justice Administration, Management, Management/Accounting, Management/Human Resources, Management/Finance and Social Psychology. Call the office at 748-8266, fax us at 750-8675 or e-mail us at parkcollege@theriver.com.

School registration

The Fall II term begins on October 16. Registration for on-site classes begins on Monday. Registration for the internet classes begins on Sept. 25. Tuition will be increasing by \$5 per credit hour beginning this term. On-site registration forms and payment need to be in our office no later than the Friday before the term starts in order to avoid the \$20 late fee which will be charged to all students who come in to register during the Add/Drop period. For

internet registration, payment has to be made at the time of registration. Call 748-8266 with any questions.

Good students

Senior students and exceptional junior may qualify for membership in the Pinnacle, a non-traditional honor society. Students must have a cumulative GPA of 3.0 or better. Deadline to apply is Sept. 22. For further information and/or application, contact the office at 748-8266 or stop by Building 3200, Room 245.



Other agencies

Retiree Appreciation Day

To attend the Retiree Orientation And Appreciation Day event, scheduled for Oct. 12, 8 a.m. to 12 p.m., in the Desert Oasis Enlisted Club, call the Retiree Activities Office, 8-5100, 9 a.m. to 2 p.m., Monday through Friday, to sign-up. Subjects will include: Income Tax, ID Card, DEERS Program, pay, Retiree Dental & TRICARE Program, pharmacy, AAFES, powers of attorney, wills, trusts and estate planning, legal support, casualty assistance, veterans benefits, commissary, and military widows. SATO will have a special drawing and coupons from MWR will be available. Space is limited so sign-up now. If you call after hours, please leave your phone number, retired grade, branch of service, and number attending.

Phone book recycling

Upon receipt of your new U.S. West DEX phone books, remember to recycle your old books at the base recycle center located at the corner of Yuma and Casa Grande Streets, Building 4868. In the center's yard, open 24 hours a day, will be specially marked recycle bins for the drop-off of the old phone books. This program continues through Tuesday. Call Joe Uremovich, recycling manager, at 8-2296 with questions. Promote recycling!

Hourly child care

Hourly child care is Tuesdays and Fridays, in the child development center's hourly care room at the community center, for ages 2 to 6. Care from 9 a.m. to noon and 1 to 4 p.m. costs \$3 per child, per hour. Special scheduling accommodations are available for larger groups. Hourly care is not drop-in care. Reservations are needed; call the CDC in advance at 8-3336.

CGOC meetings

The Company Grade Officers Council meets every other Friday at the Officers Club. A meeting will be held at 3:30 p.m., today. Call 1st Lt. Stephanie Yost at 8-4770 for more information.

Indian heritage month

November is Native American and American Indian Heritage month. The 355th Wing Military Equal Opportunity Office is seeking volunteers as chairperson and committee members for this observance program. The committee would be responsible for planning and executing activities. Volunteers need not be of Native American descent but must have a genuine interest in enhancing cross-cultural awareness of American Indians' vital role in the history of our nation and their many contributions to the freedom, prosperity and greatness of America today. Call Staff Sgt. John Carlton at 8-1192 for more information.

Luke AFB invites D-M to the ball

Luke is planning an Air Force Ball for Sept. 16 at the Glendale Civic Center located at 5750 W. Glenn Drive celebrating the 53rd birthday of the U.S. Air Force. The ball begins with a social hour at 6 p.m. Dinner is served at 7 p.m. and music and dancing follow until midnight. Maj. Gen. Steve Polk, 19th Air Force commander, is the guest speaker. Mess dress or semi-formal uniform is the appropriate attire. Tickets prices vary according to rank and must be paid with cash or checks payable to "AF Ball 2000." There will be shuttle service to the ball from Luke AFB and the lodging office. Room are available on a first-come, first-served basis. The Luke Retired Activities Office is the POC for ticket sales and can be reached at DSN 896-3923, or via e-mail at retireesactivitiesoffice@luke.af.mil, activitiesoffice@luke.af.mil or office@luke.af.mil.

For more information concerning the ball please contact Lt. Col. Paul McGillicuddy at (623) 856-5588 or DSN 896-5588.

Thrift Shop open

The Thrift Shop is open Saturday from 9 a.m. to 12 p.m. Consignments are taken until 11:30 a.m. There will also be a bag sale. Thrift Shop is located in Building 3220 on Ironwood. Call 8-2120 for any questions or information.

Girl Scout roundup

Open registration for Davis-Monthan Girl Scouts will be held at Borman Elementary at 6:00 p.m., Wednesday in the cafeteria. Call Dena Wakefield at 747-3461 if you have any questions.

Advertising